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Sports Injuries

With the fall season approaching, many children, adolescents, and adults are likely to be involved in intramural sports and other perfect fall activities such as biking, jogging or hiking. When engaging in any of these physical activities, it is important to be smart about your goals and plan ahead.

Most sports injuries are a result of overexertion, or being unprepared and lacking the appropriate gear. When starting a new sport, it is important to build up endurance and condition your body for the physical exertion that is ahead. Performing conditioning exercises before you start into the sport season will help alleviate the stress on your body. One important thing to consider is selecting a sport that is appropriate for your anatomy. For example, if you have a weak knee, pick a sport that exercises gentle knee use, and does not depend on that area. Selecting good quality and appropriate gear for your activity can also prevent future or further injuries.

When stretching to prepare for your activity, there are some key areas you should concentrate on. Here is a list of stretches targeting those areas that you can make a pre-sporting routine.

Essential Head to Toe Stretches that will leave you Limber

Note: Breathe slowly and naturally when stretching. Only stretch to the point of mild tension, over stretching can cause damage.

Neck – With arms at side, turn head in one direction and hold for 5 seconds. Repeat with other side, do 1-3 sets. Tilt left cheek towards left shoulder until you feel a stretch in your neck. Hold and repeat with other side, do 1-3 sets. Gently tilt head forward to stretch back of neck. Hold and repeat.

Side of Shoulder- place left hand on right shoulder, and with right hand lift left elbow up towards right shoulder letting left hand slide off the shoulder. Hold and repeat with other arm.

Lower Back – Sitting on the floor with legs extended, fold left leg inwards so left foot rests on inside of right thigh. Keeping torso straight, slowly bend forward from hips towards extended leg until you feel a stretch. Repeat with other side.

Quads – Using a wall for support, stand straight and hold the top of left foot with right hand, pulling heel towards body keeping knee directly under hip. Hold for 20 seconds, repeat on other side.

Glutes – on a chair or bench, position one leg with foot on the floor directly under knee, and lift the other foot up to rest ankle on knee. Gently bend forward and hold. Repeat with other foot.

Hamstrings – Sitting on the floor with right leg straight, cross left leg over and fold so left foot can rest upright on the floor beside right knee. Hold and repeat on other side.

Calves/Hip Flexors – Lean on a wall with forearms and one toe touching the wall. With other leg comfortably stretched back, keep feet flat on the floor and shift hips towards the wall and tilt pelvis forward until you feel a stretch in calf AND the front upper thigh of extended leg. Hold and repeat on other side.

Ankles – Carefully balancing, lift leg off ground and gently roll ankle in circles. Repeat 8 times clockwise and then 8 times counterclockwise with each foot.

http://www.womensheartfoundation.org/content/Exercise/stretching_exercise.asp

Lavender

Lavendula angustifolia is native to Europe, commonly found growing on garden pathways and in aromatic sachets among the pillows in a bed and breakfast. It is frequently used to promote a relaxing sleep, relieve headaches and makes a gentle insect repellent.

Research has suggested that lavender can have an impact on brain wave activity, resulting in sedative and relaxing effects. The part of this plant possessing medicinal properties is the oil, extracted through steam distillation. Adding a few drops of Lavender essential oil or a handful of Lavender flowers to bathwater before bedtime is soothing for any member of your family.

Chamomile

Matricaria chamomilla is commonly known as Chamomile. This gentle herb is known for its mild sedative effects. Traditionally, chamomile has been used to soothe gastrointestinal discomforts such as gas, relieve irritability related to teething in children, and can calm nervous tension and aid sleep. Animal studies have demonstrated a depressive effect on the central nervous system, which accounts for Chamomile's sedative effects.



<http://www.vitamins-nutrition-good-health-info.com>

As a mild herb, *Matricaria* can be used safely in pregnant and nursing women and children. It should, however, be used with caution in individuals allergic to ragweed. The most effective forms of this herb are infusions (tea) made from dry flower petals and tincture forms.



Sports Bars 101

With so many new energy bars to choose from, it is difficult to know which is best for you. Here is a list of bars that have quality, healthy ingredients. Prices range between \$1.99 - \$2.49 per bar.

Luna Bar **not recommended for children under 9-13 yrs of age**

- a dense energy bar that is tailored to *female* nutritional needs
- 70% organic ingredients
- entirely natural
- vegan
- possibly contains trace amounts of dairy

Clif Bar **not recommended for children under 9-13 yrs of age**

- a dense energy bar that is tailored to *male* nutritional needs
- 70% organic ingredients
- entirely natural

Larabar **safe for children of all ages**

- made from 100% whole, raw foods
- no flavour has more than 6 ingredients, or added sweeteners
- Non-GMO, soy free vegan, dairy free, kosher

Hammer Bar **safe for children of all ages**

- all natural and organic ingredients
- non GMO, kosher, vegan
- no added refined sugars

Tofu & Curried Vegetable Stew



- 2 Tbsp olive oil
- 4 cloves garlic, chopped
- 1 medium onion, diced
- 1-2 Tbsp curry paste
- 2 cups water
- 2 small turnips, halved and thinly sliced
- 1 small sugar pumpkin, cut into 1" cubes
- 1 small winter squash, cut into 1" cubes
- 1 carrot, thinly sliced
- 1 parsnip, thinly sliced
- 1 sweet potato, cubed
- 1/2 head each cauliflower and broccoli, cut into florets
- 12 okra, stemmed and left whole
- 1/2 cup cilantro, chopped

Heat oil in large skillet over medium heat. Sauté garlic and onions until just coloured, add curry paste and sauté 5 more minutes. Add water and bring to boil. Begin adding ingredients, starting with those that require the longest cooking. When water has returned to boil, cover and lower heat, simmer about 5 minutes or until all veggies tender. The cauliflower, broccoli and okra should now be added and simmered another 10-15 mins. Add the tofu for final 5 minutes. Ladle over bowls of brown rice and top with cilantro. Serves 6-8.

It is important to give your children snacks throughout the day to keep their energy levels up. When they are being active, the best thing to offer them is a nutritious, high protein, homemade snack that will give them the liveliness they need. Steering away from store bought processed snacks, or at least choosing the right store bought snacks, can help introduce routine nutrition into a child's busy schedule.

Sports Remedies

A tasty, simple recipe for electrolyte restoration

- 1 tsp salt
- 1 tsp baking soda
- 4 tsp honey
- 4 tsp lemon juice
- 1 liter water

Salve Recipe – apply to sports injuries for a warm, soothing effect.

- 20 g grated beeswax.
- 100 mL infused St.John's Wort Oil
- 10 g grated cocoa butter
- 5 drops camphor
- 4 drops peppermint
- 1 drop cayenne

Melt beeswax in a pot. Do not burn. Add infused oil and cocoa butter. Stir with a wire whisk. Remove from heat. Test the consistency of the balm by putting it on a piece of metal and freezing for a minute. If the balm feels too oily, then add more beeswax. If too waxy, add more infused oil. Just before the ointment begins to cool, add the camphor, peppermint and cayenne. Do not add when wax is hot, or they will evaporate. Pour into sterile container.

**** SPORTS BAR RECIPE**

- Nonstick vegetable oil spray
- 3 cups puffed whole grain cereal (such as plain or honey Kashi)
- 1/2 cup walnuts, chopped
- 1/4 cup pitted dates, chopped
- 1/4 dried tart cherries
- 1/4 cut raisins or dried cranberries
- 1/3 cup creamy peanut butter or almond butter
- 1/4 cup honey
- 1/4 cup brown rice syrup

Preheat oven to 350°F. Spray 9-inch square metal baking pan with nonstick spray. Mix cereal, walnuts, dates, cherries, and raisins in medium bowl. Combine peanut butter, honey, and corn syrup in heavy small saucepan. Bring to boil, whisking constantly until mixture bubbles vigorously and thickens slightly, about 1 minute. Pour peanut butter mixture over cereal mixture in bowl; stir to blend. Transfer mixture to prepared pan; press to compact. Bake until just golden around edges, about 10 minutes. Cool completely. Cut into 2 1/2x1 1/2-inch bars. (Can be prepared 3 days ahead. Store in single layer between sheets of foil in airtight container at room temperature.)

Naturopathic Perspectives
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